Forget fishing in Wascana

Minimum oxygen levels to protect aquatic life not met, says ecologist PAGE 3

JUDGE AGUILERA GETS CRITICAL

SINGER CLAIMS NOT TO REMEMBER FELLOW MICKEY MOUSE ALUM ON THE VOICE PAGE 9

REGINA metro®

Thursday, May 10, 2012

News worth sharing.

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A FOOT IN THE DOOR?

Sisters Amber Cappo, left, and Cybil Cappo learn more about SGI as a potential employer at the Stepping Stones Career Fair on Wednesday. Story, page 3.

CARRIE-MAY SIGGINS/METRO

Obama backs same-sex marriage

U.S. president makes history supporting gay marriage, as a general election looms PAGE 4

Sask's sure got style

Sask Fashion Week's director aims to prove the province is fashionable by showcasing top local talent at the event PAGE 8

Unique ways to fete mom

Discover fresh ways to say 'I love you,' beyond the typical breakfast in bed, Sunday brunch or lazy morning lie-in PAGE 13

Getzlaf gets back in game

With reports of a Helsinki bar altercation still in the air, Canadian captain Ryan Getzlaf shifts the focus, scoring the winning goal at IIHF PAGE 14

It's better at Evraz Place: City

Stadium relocation.
Plans can't move ahead until proposal receives approval from all three levels of government

JEFF MACKEY
jeff.mackey@metronews.ca

City council must believe that Evraz Place is the field of dreams.

Council's strategy for the land chosen for the new Roughriders stadium is that if taxpayers buy it, the private sector will come. The public funding proposal that was debated at the city's executive council Wednesday would see the stadium move from its current location to Evraz Place. Development for the new stadium would be coupled with urban-revitalization efforts across downtown.

The total cost of the proposal is projected at $1 billion and includes an open-air stadium, a large pedestrian crossing and new housing developments at Mosaic and the CP rail land across from Dewdney Avenue.

The funding in the proposal involves the city, the province and the federal government all putting the money up front to purchase the land.

"Once we have the CP lands and the Mosaic lands opened up, there is going to be a lot opportunity for private-sector investment," said Coun. Fred Clipsham. "Whether it is going to be commercial or housing, whatever, and that's going to be in the neighbourhood of $650 million, which together with the $350 million we are looking at today makes $1 billion."

The proposal has not yet received approval. Until that time, concrete details surrounding the development, as well as to what extent the private sector will be involved, are practically non-existent.

"We are not there yet. Until we have baited the hook and reeled in whoever we are going to reel in from the private sector, we need to see what this looks like from their side and what they are prepared to finance," said Clipsham.

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Boys are back

Ed Willett, Lyndon Bray and Rob Ursan will be at the Golden Apple Theatre for a "one-night only" evening of music, song and laughter on Friday. An Evening with the Boys will feature an eclectic mix of musical genres including jazz, blues, Broadway and more. For more info visit goldenappletheatre.com. CONTRIBUTED

Fish in Wascana? Not gonna happen

Environment. Lake doesn't meet Canada's water-quality guidelines for minimum oxygen levels to protect aquatic life: Expert

M.E. POWELL
regina@metronews.ca

Regina's "Big Dig" in 2004 hasn't affected Wascana Lake the way scientists predicted it would, says a University of Regina ecologist — and there won't be sport fish in the lake yet.

Dr. Richard Vogt studies Saskatchewan lakes and rivers as part of a post-doctoral fellowship at the U of R. The $18-million Wascana Lake Revitalization Project, or "Big Dig," dredged the 1.5-metre river to about five metres in depth, removing over 1.3-million cubic metres of soil in about four months.

Since then, scientists have been monitoring Wascana as one of six major lakes in the Qu'Appelle Valley watershed, Vogt told about 30 people at the Saskatchewan Science Centre Monday night.

Although the original plan included an even deeper 7.5-metre section for a fish habitat, Vogt says fish would be unlikely to make it over the winter and would be stressed in summer, too.

He says the lake, before and after the dredging, doesn't meet Canada's water-quality guidelines for minimum oxygen levels to protect aquatic life.

"Our monitoring shows that oxygen levels in Wascana Lake routinely fall below that level, particularly in July, August and September," he says. "Also, even though we don't monitor the oxygen levels under ice over the winter, we have strong reason to believe that oxygen levels are even lower then than during the late summer."

Dr. Richard Vogt CONTRIBUTED

Doctor says:

Dr. Richard Vogt says the U of R is fortunate to have a "rare and valuable" database of samples collected every two weeks — in all seasons — for some 17 years.

What it shows is surprising, Vogt says. For example, scientists predicted the dredging would make the lake less clear and cause an increase in algae.

Up till then, he says, rooted plants locked up the nutrients in the lake sediments, providing a habitat for zooplankton that feed on algae. Plants growing all the way to the water's surface would get caught in people's boat oars, and have to be mulched periodically.

Potential jobs. Career fair a stepping stone for aboriginal youth

On Wednesday, the Stepping Stones Career Fair took place at the Credit Union Eventplex.

The fair, which boasted over 100 booths from potential employers and schools, drew an estimated 1,500 aboriginal youth from Regina and the surrounding region.

The Stepping Stones Career Fair began in 2000 and has since grown into the largest fair of its kind in the province. It's mission, according to a release, is to expose aboriginal youth to the endless possibilities that exist for them and have them explore the diverse workforce while encouraging and engaging them in the education necessary to achieve their dreams.

Cybil Cappo and her sister Amber attended, despite the fact that they were a little older than the Grade 8 and high school students who wandered through the exhibition space.

"I'm not in school or anything," said 22-year-old Cybil.

"But I was really curious about the fair, so I came with my sister. I'm actually here looking for a career."

Volunteer committee member Tally Dufour said, "The Stepping Stones Career Fair links aboriginal youth with future employers and education institutions in Saskatchewan.

"We hope to inspire aboriginal youth to finish high school and dream big."

CARRIE-MAY SIGGINS/METRO

A very special donation

Minister Ken Cheveldayoff, centre, presents legendary Roughriders fullback back George Reed, second from left, and special Olympians, from left, Robbie Bomboir, Adam Sanden and Mitchell Andersonhat with a donation of $15,000 on behalf of the Saskatchewan Gaming Corporation to the George Reed Golf Tournament. The tournament is now in its third year of fundraising for Special Olympics Saskatchewan. JEFF MACKEY/METRO

$3.4 million

STARS launches lottery in Saskatchewan

The first-ever STARS Lottery in Saskatchewan officially launched Wednesday with 2,206 prizes worth more than $3.4 million. All proceeds from the lottery will stay in Saskatchewan to support both STARS bases.

"STARS came to Saskatchewan through partnerships with corporate donors and government. Now that we are here, the success of STARS depends on additional support from the community," said Rod Gantefoer, executive vice-president for the STARS Foundation. "The (lottery) is an integral fundraiser to generate the necessary revenue to keep STARS operating." METRO

Farmers' Market keeps growing

This summer, the Regina Farmers' Market (RFM) is breaking a record.

Market manager Ada Bennett says that the 37-year-old institution opened its outdoor location with 46 vendors, the most it has ever had.

"It was really great to see people getting out this early in the season," said Bennett.

She expects as many as 93 vendors over the summer.

"Sometimes we'll get a vendor whose product is only available and grows for six weeks. For example, we have a garlic lady. Her season is very short."

The most vendors the RFM has ever had in a season previously was 62.

This growth can be mainly attributed to the market's new space in City Square Mall, a space that the RFM was a major collaborator on.

"It's a great space, beautifully designed and beautifully engineered," said Bennett. "But there have been a few disappointments."

The width of the City Square Mall's walkway was one. Because it narrows, the RFM can't fit its vendors into certain parts. "It wastes about 100 feet on both ends." As a result, the market will also have to utilize Scarth Street.

But Bennett is mostly happy with the new space, and sees the coming summer as the most successful yet for the RFM. CARRIE-MAY SIGGINS/METRO

1 NEWS

On the web

These toys are locked and loaded

Gun parts and ammunition found hidden inside a child's stuffed animals at a Rhode Island airport are said to be related to a nasty custody battle. Federal transportation agents found the items Monday when a man and his four-year-old son went through security at T.F. Green Airport. Read the full story at metronews.ca.

Kitty kidneys cause for concern

With no known cause or cure, kidney disease is the leading cause of death for cats. With one in 12 cats living with the disease, pet owners are wondering how to safeguard their kitties against the deadly disease. Read the full story at metronews.ca

Mobile news

In an eat-your-veggies-before-dessert-style incentive program, video-game makers have created a pilot project that forces kids to get active before they get gaming. Scan the code to read about what's being billed as the first-ever online game to use kids' daily activity as its sole power source.

Positive statistics

Canada's cancer death toll on decline: Report

The death toll cancer takes in Canada is on the decline, fuelled in large part by the fact that lung cancer is killing fewer Canadian men than it did in earlier decades, the Canadian Cancer Society said Wednesday.

In its annual report on cancer in Canada, the agency estimated that close to 100,000 lives have been saved in this country over the past 20 years because of the declining cancer death rate.

In part that is due to improved cancer-survival rates. There have been advances in treatments for several types of cancer, meaning more Canadians are surviving the disease. THE CANADIAN PRESS

Taxpayer savings

Prisoners to feel the pinch as Toews steps up campaign

Public Safety Minister Vic Toews is taking his tough-on-crime campaign a step further by making prison inmates pay more for room and board behind bars.

The minister said Wednesday that Corrections Canada will also eliminate incentive pay for convicts who work in prison shops, and will turn the running of all prison canteens over to inmates.

Other changes will streamline the way prisoners purchase products from the outside. Toews said the changes will save taxpayers $10 million a year.

THE CANADIAN PRESS

Double agent

Saudi Arabia now an ally to U.S. in fighting terrorism

A decade after hijackers mostly from Saudi Arabia attacked the United States with passenger jets, the Saudis have emerged as the principal ally of the U.S. against al-Qaida's spin-off group in Yemen and at least twice have disrupted ambitious plots to explode bombs aboard airlines.

Details emerging about the latest unraveled plot revealed that a Saudi double agent fooled al-Qaida in the Arabian Peninsula, passing himself off as an eager would-be suicide bomber. Instead, he secretly turned over the group's most up-to-date underwear bomb to the CIA. THE ASSOCIATED PRESS

Same-sex couples should be able to get married: Obama

Making history. U.S. president becomes first to throw support behind gay marriage with general election around the corner

Barack Obama made history Wednesday as he became the first U.S. president to throw his support behind same-sex marriage, a hot-button social issue for many of his fellow Americans as a general election looms.

"I've just concluded that for me personally, it is important for me to go ahead and affirm that I think same-sex couples should be able to get married," Obama said in an hastily arranged interview with ABC News. The interview came three days after U.S. Vice-President Joe Biden threw his own full support behind same-sex matrimony.

Obama said his previously "evolving" position has changed over the years.

"I've talked to friends and family and neighbours about this. Members of my own staff are in incredibly committed monogamous relationships, same-sex relationships."

He also mentioned those serving in the military who are "fighting on my behalf and yet feel constrained, even now that 'Don't Ask Don't Tell' is gone, because they aren't able to commit to a marriage."

Obama's wife Michelle also influenced his decision, he added. "This is something that, you know, we've talked about over the years ... and she feels the same way that I do," Obama said. "In the end the values that I care most deeply about and she cares most deeply about is how we treat other people."

The fact that his young daughters have friends whose parents are same-sex couples also played a part, he said. "Malia and Sasha, it wouldn't dawn on them that somehow their friends' parents would be treated different," Obama said.

"It doesn't make sense to them and frankly, that's the kind of thing that prompts a change in perspective."

Liberals rejoiced in the news. "This is a historic day," Justin Ruben, executive director of MoveOn.org, a progressive advocacy group, said in a statement. "The president's support for marriage equality is great news that's likely to energize progressive activists across the country."

THE ASSOCIATED PRESS

U.S. President Barack Obama speaks during a campaign rally at Ohio State University. HARAZ N. GHANBARI/THE ASSOCIATED PRESS

Opposite view

Romney's stays true to his stance

Mitt Romney says he believes marriage should be restricted to one man and one woman and that he's held that view "since running for office."

The presumptive Republican nominee for the U.S. presidency called same-sex marriage "a very tender and sensitive topic" following U.S. President Barack Obama's unequivocal declaration of support Wednesday for allowing same-sex couples to marry.

Romney did not go so far as to accuse Obama of changing his position on the issue. Questioned by reporters, he said news reports indicate Obama has shifted his stance.

Romney says states should be able to decide whether to grant certain legal benefits to same-sex couples.

THE ASSOCIATED PRESS

Judge murder trial. Court hears accused asked medics not to revive wife

A judge accused of killing his wife asked an ambulance team not to bother trying to revive her, his high-profile murder trial heard Wednesday.

Jacques Delisle, a retired judge at the Quebec Superior Court, is accused of shooting his wife in the head with a revolver. He maintains that his wife, who was paralyzed on half her body, committed suicide.

THE CANADIAN PRESS

Jacques Delisle THE CANADIAN PRESS

Indonesia. Russian test plane, with 50 on board, missing in mountains

A new Russian-made passenger plane went missing over mountains in western Indonesia while on a demonstration flight Wednesday arranged for potential buyers.

Fifty people were on board, including diplomats, business people and journalists.

Search-and-rescue teams were deployed to the area just south of the capital, Jakarta, said Bambang Ervan, a spokesman for the ministry of transportation.

He said more than 100 people were still searching the rugged, forested terrain after darkness fell. Bad weather, however, forced at least two helicopters to turn back.

The Sukhoi Superjet-100, Russia's first new passenger jet since the fall of the Soviet Union, was supposed to be on a quick test flight.

THE ASSOCIATED PRESS

May 15. Take part in historic collaborative photography project

This May 15, Metro readers worldwide are invited to take part in "the largest collaborative photography project in history."

Aday.org asks pro and amateur photographers on one day only this May to take their cameras and capture moments in their daily life. Organizers literally want to get a snapshot of the world we now live in.

"We are encouraging millions to photograph their daily life that will give millions of perspectives for immediate exploration and historic reflection," Ayperi Karabuda Ecer, editor-in-chief of Aday.org, told Metro.

This global event, lauded by luminaries such as Nobel Peace Prize laureate Desmond Tutu and pop artist Robyn, will see millions of images generated for what organizers hope will give a "planetary message for the future." METRO WORLD NEWS

METRO CUSTOM PUBLISHING PRESENTED BY **SCOTIABANK**

ENJOY 5-STAR RESORTS WITH YOUR CREDIT CARD

SINGLE PROFESSIONAL

Chanel, 39, has a good life! A vice-president of a consulting firm in Vancouver, she makes $125,000 a year and lives in a two-storey condominium downtown. While she works very hard – 60 hour weeks are not unusual – she rewards herself handsomely. She drives a new car, dines out frequently, and loves to travel as often as she can.

Chanel uses her *Scotia Momentum*® VISA Infinite* cash back credit card to pay for as many of her monthly purchases as possible. Not only does she earn cash back for every dollar spent on her card[1], but her *Scotia Momentum*® VISA Infinite* card also provides exclusive access to travel[2], cultural and dining opportunities, as well as a complimentary concierge[3] service. For the past few years, she's taken advantage of the special travel packages created exclusively for VISA Infinite cardholders.

Last year, it was Mexico. This spring, she'll have VIP guest status at a luxurious beach resort in Maui, Hawaii because she used her *Scotia Momentum*® VISA Infinite* card to book the trip[2].

"I can't wait," says Chanel, who's had fun shopping for her trip and finally found a new bathing suit she liked. She's packing her golf clubs and tennis racket, and looking forward to the fantastic dining she's heard about at the resort too.

The *Scotia Momentum*® VISA Infinite* card is the only reward card that Chanel uses, and she uses the card whenever she can. She recognizes the benefit of only using one credit card to maximize her cash back rewards. The card provides 4 per cent cash back at gas stations and grocery stores, 2 per cent cash back at drugstores and recurring bill payments, and 1 per cent cash back on all other purchases[1]. While there's an annual fee of $99[4], Chanel says the return and the time saving factor from the complimentary concierge service is more than worth it. In fact, with the cash back reward she gets every year, she could pay for the card many times over.

Last year, the card gave her more than $700 cash back, and she's using the money to help pay for her trip to Hawaii. "It doesn't get any better than that!"

This advertorial is prepared by Scotiabank. Character in this advertorial is fictional. [1]See #1 in our ad of this publication for details on the benefit. [2]See #2 in our ad of this publication for details on the benefit. [3]See #3 in our ad of this publication for details on the benefit. [4]See #4 in our ad of this publication for details on the benefit.

Scotia Momentum® Cash Back Calculator

Chanel's profile:

Chanel uses her *Scotia Momentum*® VISA Infinite* card to pay for about $3,000 worth of purchases a month. Some fixed costs such as condo fees are not payable by credit card and therefore not included in these calculations.

	$0	1,000	2,000	
Grocery Store				$ 390
Gas Station				$ 510
Drug Store				$ 300
Recurring Bills				$ 150
Other				$ 1,650
			Total Monthly	**$ 3,000**

Chanel's Estimated Annual *Scotia Momentum*® Cash Back

Chanel has a *Scotia Momentum*® VISA Infinite* card. Here's a look at the cash back her purchases add up to in a year.

Scotia Momentum® VISA Infinite* card

4%	$ 432	
2%	$ 108	
1%	$ 198	

Total Cash Back $738

Visit scotiabank.com/momentumcashback to fill in your monthly purchases and see how your cash back can add up!

Get up to 4% cash back with the *Scotia Momentum*® VISA Infinite* card[1].

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[1] You will earn 4% cash back on the first $25,000 you spend annually at VISA merchants classified in the VISA network as Grocery Stores & Supermarkets, Service Stations (with or without ancillary services) and Automated Fuel Dispensers (Merchant Codes: 5411, 5541, & 5542). You will earn 2% cash back on the first $25,000 you spend annually at VISA merchants classified as Drug Stores & Pharmacies (Merchant Code: 5912) and Recurring Payments. These added benefits will not apply to merchants located on the premises of these merchants but who are classified by VISA in another manner. Recurring payments are defined as payments made on a monthly or regular basis automatically billed by a merchant. Not all merchants offer recurring payments. You will earn 1% cash back on purchases made after you have reached the 4% $25,000 annual spend maximum and/or the 2% $25,000 annual spend maximum and on all other purchases made with the card. Cash back is not awarded for cash advances, *Scotia*® VISA cheques, credit vouchers, payments, purchase returns, card fees, interest charges or service/transaction charges. [2] The number of properties that are part of the program will change over time. Offers are subject to availability and other restrictions may apply. [3] Cardholders are responsible for the cost of any goods or services purchased through Visa Infinite Complimentary Concierge service. [4] The *Scotia Momentum*® VISA Infinite* card regular interest rates are 19.99% on purchases and 21.99% on cash advances, balance transfers and *Scotia* VISA® cheques. The Balance Transfer fee is 1% of each balance transfer amount over $100.00, to a maximum fee of $150.00. Rates and fees as of July 1, 2011 and are subject to change without notice. All *Scotia Momentum*® VISA Infinite* cards have Visa payWave. Visa payWave™ is a Trademark of Visa Int./Lic. * Visa Int./Lic. user The Bank of Nova Scotia.

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Wheat board cuts hundreds of jobs as monopoly ends

Labour. Canadian Wheat Board will eliminate three-quarters of its staff starting this month

The axe is swinging monthly at the Canadian Wheat Board as the agency moves to cut about three-quarters of its staff after losing its monopoly over western wheat and barley sales.

"We indicated right from the beginning of the planning process that the Canadian Wheat Board would be a much smaller entity, would need to right-size its staff complement ... now that CWB no longer markets all the wheat and barley from western Canada," spokesperson Maureen Fitzhenry said Wednesday.

Fitzhenry said jobs are being cut every month.

The number of employees will be down to 288 by the end of May and will drop to about 100 by the end of the year.

There were 430 people on the payroll, mainly at the headquarters in Winnipeg, at the beginning of 2011.

The cuts follow the federal government's decision last year to make the government-backed but farmer-controlled agency a voluntary route for producers, ending a six-decade-long monopoly.

The move divided the farming community. Some producers said they deserve the right to seek higher prices on the open market, as their counterparts in Eastern Canada do.

Others have predicted prices will drop as producers compete with each other instead of banding together under the wheat board.

The controversy spawned several court battles led by pro-monopoly producers and former directors of the wheat board who were elected by farmers.

Agriculture Minister Gerry Ritz has criticized the lawsuits and has urged critics to let farmers move on and prepare for the new crop year, which starts Aug. 1.

THE CANADIAN PRESS

Lawsuit

A group called the Friends of the Canadian Wheat Board has filed a class-action lawsuit in Federal Court, asking the court to restore the board and give farmers $17 billion in damages.

- There is also a lawsuit filed by wheat-board supporters last month, which seeks $15.4 billion in damages.

Protesting the pipeline

Martin Louie, a First Nations leader from Nadieh, B.C., leads scores of West Coast First Nations and supporters towards Enbridge's annual meeting of shareholders in Toronto Wednesday to denounce a proposed pipeline that would cross their territories. The Yinka-Dene Alliance argues the Northern Gateway project poses a threat to aboriginals' way of life by threatening waterways and ecosystems. Project opponents travelled from the West Coast aboard a "Freedom Train" to make their point in the country's financial heartland.

CHRIS YOUNG/THE CANADIAN PRESS

Allegations. SNC-Lavalin faces $1.5-billion lawsuit

Embattled engineering giant SNC-Lavalin is facing its second class-action lawsuit in months after a Toronto firm said it is seeking $1.5 billion on behalf of investors outside of Quebec who saw the value of their asset plummet.

Rochon Genova LLP announced the lawsuit Wednesday, alleging the Montreal-based company violated securities law by misrepresenting that it had adequate controls and procedures to ensure accurate disclosure and financial reporting.

"When a company repeatedly highlights its strong governance practices to the investing public, revelations of serious misconduct cause damage to the company's reputation and, in turn, substantial harm to its investors," lawyer John Archibald said in a news release.

The claim arises from alleged payments made by SNC-Lavalin to members, associates, and agents of the Gadhafi regime to secure contracts for infrastructure projects in Libya.

The allegations have not been proven in court.

THE CANADIAN PRESS

BlackBerry. Smartphone maker granted patent

Research in Motion, the Waterloo, Ont.-based smartphone maker, has been granted a patent from the United States Patent and Trademark Office for an "angular keyboard for a handheld mobile communication device."

Submitted in January 2009, RIM's patent application outlined a newly designed smartphone keyboard with angled lines separating each key.

RIM said the unique keyboard makes it easier for users to type and increases accuracy.

The beleaguered company has been denying rumours that it's phasing keyboards out of its smartphone designs, in favour of flat front surfaces like Apple's iPhone.

Chief executive Thorsten Heins told media at the BlackBerry World conference in Orlando last week that RIM's new line of smartphones, to be installed with the forthcoming BlackBerry 10 operating system, will include models with and without keyboards.

"We won't lose the focus on physical keypads," Heins said.

THE CANADIAN PRESS

Tim Hortons

Coffee chain flourishes despite tough times

Financially squeezed coffee drinkers have largely been undeterred from frequent visits to Tim Hortons Inc., but the coffee and doughnut chain said it has seen a decline in hard-hit manufacturing towns.

Tim Hortons reported Wednesday a 10 per cent increase in first-quarter earnings and a 12 per cent rise in sales, driven by strong same-store sales growth in both its Canadian and U.S. stores.

The growth came despite a challenging market that included high unemployment and gas prices as well as shaky consumer confidence, CEO Paul House told analysts on a conference call to discuss the quarterly results.

THE CANADIAN PRESS

Virginia

Ford adds 27,000 Windstar minivans to recall

Ford Motor Co. has added 27,000 Windstar minivans from Virginia to a larger recall because the rear axles can crack and fail.

The vans are now part of an August 2010 recall of more than 600,000 Windstars in the U.S. and Canada from the 1998 through 2003 model years.

Ford said at the time that the vans were sold in states where salt is used to clear the roads. Over time, the salt can cause the axles to rust, crack and even break, causing a driver to lose control.

Virginia wasn't included in the original recall. But Ford says a recent analysis shows that vans there can have similar problems. There were 11 reports of axle cracks from Virginia between October 2011 and March of 2012.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 99.91¢ (-0.26¢)

TSX 11,675.01 (-29.73)

OIL $96.81 US (-20¢)

GOLD $1,594.20 US (-$10.30)

Natural gas: $2.465 (+7.2¢)
Dow Jones: 12,835.06 (-97.03)

HUNGRY HOLLYWOOD

HE SAYS...
John Mazerolle
metronews.ca/hesays

Summer is almost here — and that means summer-movie season has been underway for only 14 weeks.

That might seem counter-intuitive, but that's only because you don't think like a movie exec (sniffing a marker helps).

The reason that "summer films" start while you're getting over your new year's hangover is, of course, that they make more money. Hollywood "event movies" attract more people willing to pay $13 ($47 with popcorn) because those films have a greater number of complex thematic elements involving explosions, car chases and bosoms.

So if you expand the summer to include months that aren't technically summer, you can expand on your explosions, and squeeze in more breasts and crash for cash.

This is vital to the modern movie exec because, as any trade publication will tell you, the movie industry is worse off financially than Greece. Attendance was down so far last year that insiders were comparing it to way back in — cross yourself if you're Christian — 1995.

Blockbusters

"They pull in crowds and often can save money by avoiding the services of a writer. Instead, a computer runs components of comedy, drama and pathos through a series of algorithms, then recommends a comic-book movie."

What with Hollywood's money woes, I expect George Clooney and Brad Pitt to be on the streets soon, putting down their bindles so they can throw rocks (and maybe the barrels they're wearing) at the Hollywood Riot Police. Somebody will say, "I'm getting too old for this" and Morgan Freeman will die one day before retirement.

So summer flicks are important. They pull in crowds and often can save money by avoiding the services of a writer. Instead, a computer runs components of comedy, drama and pathos through a series of algorithms, then recommends a comic-book movie.

The good news is this ploy usually saves the movie industry (and without a moment to spare!). The bad news is it will only be successful until 2024, when Hollywood will burn through the last possible remaining superhero adaptation (Aquaman III: War Seahorse).

It's a bad scene all around. If people stop going to the movies, they'll have to stop making them. Or stop paying actors $10 million a film — but that would be madness.

So, I beg of you, please go see all the summer flicks you can. If not for Hollywood, then for me.

You see, movies like The Avengers and Spider-Man and Battleship (Battleship?!) help keep the industry afloat so I can sit alone in theatres watching subtitled films that I pretend to understand. I'll accept your car chases and explosions and bosoms, if you'll accept my subtitles and nonsense scenes and, OK, bosoms.

Summer-movie season keeps expanding even as I hope that movies will get smaller. Or as Hollywood puts it, "I'm getting too old for this."

The Avengers: Keeping Hollywood afloat one explosion at a time.
ZADE ROSENTHAL/DISNEY/THE ASSOCIATED PRESS

Number of iPad users climbs

J PAT CARTER/THE ASSOCIATED PRESS

Orangutan friendly

They aren't just monkeying around

Experts who work with primates have been using sign language and other methods to communicate with apes for years. But with advancements in tablet computer technology, workers at Jungle Island in Miami are using iPads to better communicate with their orangutans, such as the one pictured above.

THE ASSOCIATED PRESS

Sound familiar?

"Our young ones pick up on it. They understand it. It's like, 'Oh, I get this'.... Our two older ones, they just are not interested. I think they just figure, 'I've gotten along just fine in this world without this communication skill here and the iPad, and I don't need a computer.'"

Linda Jacobs, who oversees the technology experiment at Miami's Jungle Island

Multi-touch

Intelligent mammals without voice boxes

Orangutans are extremely intelligent but limited by their physical inability to talk, said Linda Jacobs, who is head of the Miami-based program.

"They are sort of trapped in those bodies," Jacobs said. "They have the intelligence that they need to communicate, but they don't have the right equipment, because they don't have voice boxes or vocal cords."

THE ASSOCIATED PRESS

Tablet

Add 'tech savvy' to their resumé

Scientist and conservationist Birute Mary Galdikas, founder of Orangutan Foundation International, said orangutans are among the most intelligent animals.

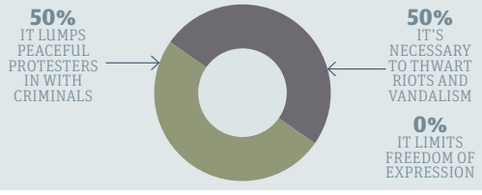
"IPads seem to work for humans. It's not surprising that orangutans, who share 97 per cent of their genetic material with humans, like them, too," Galdikas said.

THE ASSOCIATED PRESS

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

How do you feel about a new bill that would make it illegal to hide one's identity with a mask or disguise at a protest?



Twitter

@TweeterMillsCBC: Stayin #fresh at the #yqr Farmer's Market. http://yfrog.com/kf46934369j

@ReginaPosterBoy: Look, I understand the *need* for a new stadium. But do we have to be *that* desperate? Taxing restaurant & hotel customers? Really? #yqr

@mattz: watching @insayshable episodes while I copy files. #funnyordie #Saysha #SaskFilm #yqr #yxe #Film #MindsEye

@GTardifSRC: Nice day to ride your bike in #yqr what do you think of this one ? http://yfrog.com/kktgihgj

@FerhatSaglam: Sask Fashion Week creative team members work with Shannon Tweed, Gene Simmons http://shar.es/2wzx5 #YQR #YXE @SKFashionweek

metro

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SCENE

New role

Attwell to star in Gil Junger's 10 Things I Hate About Life

Hayley Atwell of Captain America: The First Avenger will be starring in a new film with a somewhat familiar title. Intandem Films said Wednesday that Atwell has been cast in 10 Things I Hate About Life, a romantic comedy to be written and directed by Gil Junger. Junger directed the hit 1999 movie 10 Things I Hate About You, which starred Heath Ledger, Julia Stiles and Joseph Gordon-Levitt. Intandem will produce 10 Things I Hate About Life with Mad Chance Productions, according to literary and talent agency APA. The 30-year-old, London-born Atwell was a 2010 Laurence Olivier Awards nominee for the play A View From the Bridge. Her other film credits include The Duchess and Brideshead Revisited.

THE ASSOCIATED PRESS

On the web

Ex-Village People lead singer wins legal battle to regain rights to Y.M.C.A

Sask Fashion Week runs from May 10-12. HANDOUT

Sask Fashion Week shines spotlight on local talent

Chelsea O'Connell.
Director is eager to prove cutting-edge fashion and savvy designers do exist in Saskatchewan

BACKSTAGE PASS
PAUL BOGDAN
regina@metronews.ca

Having a Rider jersey for every day of the week (even if three of them are different shades of green), doesn't make you fashionable.

"People just don't think there is fashion here," said Chelsea O'Connell, one of the directors and founders of Sask Fashion Week. O'Connell, along with co-founders Chris Pritchard and Candyce Fiessel, created the annual Sask Fashion Week to demonstrate that fashion does exist in Saskatchewan —and to show that colours other than green and white can grace proud locals' wardrobes.

As well, O'Connell hopes that Sask Fashion Week will be able to showcase existing local fashion talent and "help mentor and grow talent" in Saskatchewan.

"Sask Fashion Week is a platform to build a fashion industry in Saskatchewan. It's all Saskatchewan-based and showcases talent all from Saskatchewan, but it's not focusing only on the designers," O'Connell says. "The fashion industry has a wide range of careers and professions — everything from photography, journalism, styling, retailers, etc."

Despite the director's desire to further develop fashion talent in Saskatchewan, O'Connell believes quality talent is already present in the province.

"Each night we're showcasing two established designers, and all of those designers have been working in Saskatchewan for a while and they're extremely talented," said O'Connell.

The event may encompass a wide array of spectacles worth checking out, but the runway presentations should be the highlight. Runway shows take place May 10 to 12, and full details for Sask Fashion Week can be found at saskfashionweek.com.

Quoted

"The (fashion) industry has a wide range of careers and professions — everything from photograpy, journalism, styling, retailers, etc."

Director Chelsea O'Connell

Things set to heat up for Cold Specks

When a new singer is obscured by not one but two pseudonyms — as is the case with buzzy Canadian upstart Cold Specks — it first seems as though she's intentionally cultivating mystery, an increasingly popular publicity strategy in music.

But the rapidly rising Etobicoke, Ont., chanteuse — who uses the second alias Al Spx when introducing herself in friendly conversation — insists that all the secrecy has nothing to do with trying to court curiosity.

"My family, for one, they're religious and they wouldn't be too pleased with the content of the album.

"And also I'm really private.... I'm proud of the music, but I just feel I'd rather not have a bunch of strangers know who I am."

A few months ago, it would have been startlingly premature — not to mention presumptuous — for Spx, a fledgling artist with no album to her name, to be worried about the dangers of fame.

But now, with debut album I Predict a Graceful Expulsion due out on May 22 — and with the British press having worked itself into one of its trademark tizzies — she just looks prescient. Ready or not, Spx will be under the spotlight soon.

THE CANADIAN PRESS

Privacy is paramount for Ontario's Al Spx. HO-KILLBEAT MUSIC/THE CANADIAN PRESS

Richards, Sambora back together

Five years after splitting up, Richie Sambora and Denise Richards are back together, they confirm to Us Weekly. And it turns out Richards' recent adoption of a baby girl helped win Sambora over again.

"That is just a wonderful, wonderful, wonderful thing. When she did that, it just made me fall in love with her more," he says.

"It's such a beautiful thing to do. It's such a giving thing."

Richards also has two daughters, 8-year-old Sam and 6-year-old Lola, with ex-husband Charlie Sheen.

Justin Bieber

Biebs gets his degree

Justin Bieber can add high-school graduate to his list of accomplishments, he tells the Daily Telegraph.

"I just finished high school," says Bieber, who managed to squeeze in time for classes and studying while on the road. "I passed my test. I'm free! It was hard doing school and work every day." So why was finishing school so important to the top-selling pop sensation? "(Getting my degree) was something my mom really wanted me to do, so I had to do it for her," he says.

More kids for Beyoncé?

Motherhood is having a profound effect on Beyoncé, she admits to Entertainment Tonight.

"I have such a full life," the pop star says. "I feel like now I know the reason that I was born."

So, given that new sense of fulfillment, will she and Jay-Z be adding more babies to their family soon?

"Of course! Yes. I don't know how many. God knows, I don't know yet," she says. "But I definitely want to have more. I don't know about soon."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Christina's still a fighter

MONICA WEYMOUTH
scene@metronews.ca

You know The Voice has arrived in the world of reality TV when its feuding judges are making more headlines than the contestants. Jermaine Paul may have been crowned the winner Tuesday night, but all eyes were on Christina Aguilera.

Some called out Aguilera for being unreasonably harsh with contestant Tony Lucca — a fellow Mickey Mouse club alum — which reportedly led to problems with Lucca's mentor on the show, Maroon 5 frontman Adam Levine.

"You could cut the tension with a knife," a source tells UsMagazine.com of Monday night's taping.

"Adam also talks a ton of s— about Christina and makes fun of her behind her back."

While Christina claims it's not personal and doesn't even remember Lucca from their Disney days, another Mouseketeer isn't so sure.

"Britney was in love with (Lucca). Christina was in love with him. Mylin was in love with him," Dale Godboldo tells TMZ. "All of this (Voice) madness was not brought on by Tony."

Christina reportedly apologized backstage to Lucca for the drama, but come on — this is the closest thing a child star has to walking into her high-school reunion looking hot. If she needs to spin around in her Voice space chair and pretend not to recognize the chubby quarterback begging for approval in front of her, we say go for it.

John Travolta. ALL PHOTOS GETTY IMAGES

Another lawsuit filed against Travolta

A second unidentified man has filed a $2 million sexual battery suit against John Travolta, according to Radar Online. The new accusation centres on a massage session in an Atlanta hotel during which a naked Travolta allegedly behaved in a sexually aggressive and forceful manner.

The new accuser claims to have "substantial documentation and numerous witnesses regarding the substance of Travolta's actions," according to the lawsuit.

The second man is being represented by the same lawyer who brought forward another man's accusations late last week that the actor made unwanted sexual advances during a massage.

Travolta's lawyer calls the second lawsuit "as absurd and ridiculous as the first one."

Hoffman the hero

Dustin Hoffman jumped into action after seeing a jogger collapse in London from a heart attack, calling paramedics and staying by the man's side until he was OK, according to the Sun.

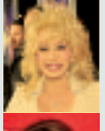
"Dustin was fascinated," a paramedic tells the newspaper. "He seemed impressed we'd got this guy back so quickly. When we were carrying the patient into the ambulance he walked up and said, 'Great job, guys.' He really appreciated what had happened."

As for the jogger?

"I have no memory of what happened," the man, Sam Dempster, says. "The paramedics told me I had been saved by Dustin Hoffman. It's unbelievable."

Twitter

@alecbaldwin
When 30 Rock is over, should I: A- do a 30 Rock musical on cruise ships B- join the cast of another existing TV show. C- spin the wheel and try to make movies for a living again. D- lay down and just give up and rake leaves (which I am good at) ????



@Dolly_Parton
If I tried to jog with these boobs, I'd end up with two black eyes! Enjoy the beautiful weather!!

@paulaabdul
never been a big fan of absolutes like "you never.." or "they always.." or "no one will ever.." it feels so hopeless.

3 LIFE

Style in brief

Would you wear l'eau de Brad Pitt?

Brad Pitt is the new face of Chanel's No. 5 perfume. The French-based company announced Wednesday that the 48-year-old actor will star in an upcoming ad campaign for its signature women's scent. Other famous names who have been the face of Chanel include Catherine Deneuve, Nicole Kidman and Audrey Tautou. Chanel's founding designer, the late Coco Chanel, also modeled in ads in 1937 for what is now the company's oldest fragrance. It remains one of the world's top-selling perfumes. Pitt, once named People magazine's Sexiest Man Alive, is engaged to longtime companion Angelina Jolie.
THE ASSOCIATED PRESS

On the web

Beyond floral prints: Native New Yorker's innovative living dresses bring Central Park to North Dakota

There's No Doubt Stefani line will be a hit at Target

Dressing tweens. Stylish singer balances fun fashion with age-appropriate items in her new line for young girls

Gwen Stefani is no stranger to multitasking, juggling her music career — she's wrapping up a new album with No Doubt — and her fashion projects, which include the debut of the newest Harajuku Mini collection at Target next week.

But, Stefani says, it's her sons that mostly keep her on her toes. Some days, running Kingston, 6, and Zuma, 4, back and forth to school, doing homework and tucking them into bed seems to take up the biggest part of her day.

"I like to be with them whenever I can, of course," the 42-year-old singer-designer says. Her mother was very hands-on, and Stefani says that's what she's striving to do. Some of her favourite memories include wearing Holly Hobbie bonnets and velvet dresses with lace collars that her mother made for her.

"Growing up, I had a really amazing mom who was really creative. She made stuff for every holiday, and I learned how to sew. ... She has really good style — and I feel like my parents let me be creative — but they'd always check my skirt length," Stefani says.

Stefani has been designing her LAMB line for women for nine years, so, she says, this collaboration on a children's line came pretty easily because she knows the design and manufacturing process, has more ideas than she knows what to do with, and has learned to edit herself for a clear, consumer-friendly message.

Plus, how much fun is it to dress up grade-school girls?

"When I first started this line, I thought it was going to be for under 5, but Target wanted me to do the bigger girls, which is a really strange age," she says.

"They're so inspired by things they see, trying to find themselves, expressing themselves. They're influenced by friends, what they see on TV and the Internet. I thought it sounded like a big job but I've gotten into it."

The clothes, available in stores Monday, are a mix of the girlie frills and masculine silhouettes that Stefani says are staples of her own wardrobe.

And she's conscious of being age-appropriate.

"That part is challenging," she says, "but I think we've done a good job."
THE ASSOCIATED PRESS

Fashion wars

Stylish kids

While tween girls are willing to take style advice from Gwen Stefani, her sons have no problem saying "no," especially Kingston, who likes to pick out his own outfits any chance he gets because he wears a uniform to school. Mom still wins the fashion wars occasionally, though. "I do like to do a matching outfit at holiday time," she says.

Despite being a fashion icon, Gwen Stefani says her son Kingston loathes to take advice from mom. THE ASSOCIATED PRESS

Phenomena

TRACK SUITS — YAY OR NAY?

YAY

If it's of the Adidas variety, you'll be giving off a kind of old-school RUN-DMC-style cool.

Nothing beats them for a walk home from the gym.

They never require ironing.

NAY

If you're under the age of 25, you'll just be giving off a Justin Bieber, boy-band-wannabe style. Not so cool.

Wear it anywhere other than your local basketball court and people will think, "What is this, the gym?"

The whole soccer hooligan thing. Have you never seen The Firm?

Bye espresso, hello sweet caramel

The sun is shining, so why not give your place a trendy summer tan? This warm copper colour will spread a beautiful glow throughout your house

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Whether we call it camel, caramel or tan, this warm glow is quickly replacing that dark espresso brown that has dominated the home furnishings market for the past few years.

This rich copper tone evolves from antique saddle leather and the cognac wood tones from the 1950s. It's a great way to warm up the popular grey that everyone is drawn to these days and matches perfectly with the mid-century walnut and teak-wood tones.

How to incorporate tan into your decor scheme: Tan helps to warm up the dark espresso and grey hues which most everyone has in their decor. This warm copper hue looks fantastic with popular summer colours like ink blue, kelly green or any version of lavender/purple.

Adding creamy warm tones will make it feel comfy and traditional. Adding crisp white and bolder colours will make it look contemporary.

It's most stylish paired with this year's biggest colour: bright orange. But be weary; it can look horrible with pastel colours like mint green, yellow and peach.

Toro Lounge Chair

You will be hanging (literally) in the thick, saddle leather sling of this modern beech wood and leather lounge chair. Its pale tones will lighten up a dark corner in a bedroom or lounge.

Toro Lounge Chair, $1,480/URBANMODE.COM

Emerson Secretary Desk

Handcrafted and completely upholstered in leather with brass hardware. A hinged panel drops to become a writing surface and there are lots of cubbyholes and drawers for storage. A perfect desk to house the laptop computer and all the other electronic devices that invade out lives.

Emerson Secretary Desk, $1,600/CRATEANDBARREL.COM

Diane Von Furstenberg Highrise goblets

Add the drama of deep, rich caramel to the summer table — teamed with bright turquoise and crisp white dishes, they'd be perfect for those chic luncheons on the terrace.

Diane Von Furstenberg Highrise goblets, $60 for a set of four/HBC.COM

Koldby Cowhide Rug

A decorator classic accessory at a fantastic price! Soften up hard wooden floors or spread out over broadloom for a layered look.

Koldby Cowhide Rug, $299/IKEA.CA

Create an inspiring office in a tiny space

Bright colours help liven up a small space. CONTRIBUTED

Home decor. Five ways to build a dedicated place to work in a small urban apartment

KENYA HUNT
life@metronews.ca

One of the biggest complaints full-time freelancers make about working at home is feeling like they're never able to leave the office — because it's literally in their living room.

While urban living often means small quarters, it's possible to create a separate home office that feels like a dedicated work space — even if it's just in a tiny studio. Here's how:

1. Carve out a clear-cut space
Corners generally work best when creating a work nook. Select a corner of your kitchen, living room or studio apartment that gets particularly good light and then tape the floor to demarcate exactly how large or small you want your "office" to be. Be strict about containing your office furniture and any other related work materials to the space you've taped off, so as to have a clear work-only zone in your home. Just be sure to remove the tape once you've finished decorating.

2. Set a different tone
Does the rest of your home have a maximal look that's densely filled with decorative items from your past 10 years of travel? Then make your work space clean and minimal. Is your apartment already sparse?

Then buy a bold piece of artwork, create a mood board, or put together a small gallery of images to hang above your desk and define the look of the space, setting it apart from the rest of your home. Bottom line, you want to be able to sit down at your desk and feel like you're in a productive zone.

3. Keep the furniture lean
A simple tabletop with two legs will do. The bulkier the desk, the smaller it will make the rest of your kitchen or living room (or other multi-tasking space) feel. So keep your desk compact and lean, with no more than two drawers.

The downside is that you won't have much storage space for books, files and whatnot. The upside is that it will be a great test in how to stay organized.

4. Pick a few signature colours
This will give your nook its own look and character. Do this through an accent wall, wall decals or decorative accessories. Colours are an age-old mood booster.

That means a dedicated palette can help you feel like you're stepping into the office — and most importantly, leaving it behind — at the beginning and end of each day.

5. Make your organizational items do double-duty
The sight of bulging file folders with bills, leases, and unmet work deadlines will depress anyone.

The least you can do is dress it up in better looking packaging such as a compact, primary coloured file cabinet.

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Are you and your spouse not sure which way to go and can't agree on Urban or Suburban?
We are looking for dynamic families and couples who want to participate in Season 2 of HGTV's hit show URBAN SUBURBAN!
HGTV
To apply to be on the show please email: casting@forcefour.com
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FORCE FOUR

Surprise mom: Skip scrambled eggs for more sophisticated bites

No matter how much she would appreciate it, and no matter how much you love your mom — or the mother of your children — you aren't likely to make her croissants from scratch.

The trick is to outsource the pastry. While technically not the same as true croissant dough, sheets of frozen puff pastry can stand in just fine. They are widely available in the dessert freezer section of most grocers.

Keep the recipe simple by sprinkling the croissants with a blend of cinnamon sugar. You also could place a dollop of jam at the wide end of each triangle of dough before rolling.

Cinnamon Sugar Croissants

This recipe makes 24 servings. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

Start to finish: 40 minutes

- 2 teaspoons cinnamon
- 1/4 cup sugar
- 17.3-ounce package frozen puff pastry, thawed (each package contains 2 pastry sheets)
- 4 tablespoons butter, melted

1. Heat the oven to 375 F. Line 2 baking sheets with parchment paper.

2. In a small bowl, mix together the cinnamon and sugar. Set aside.

3. One at a time, unwrap and unfold the sheets of puff pastry. Use a paring knife to cut the sheet in half lengthwise. Starting in one corner, cut each half into 6 triangles. Use a rolling pin to lightly roll out each triangle to just barely flatten. Lightly brush the triangles with melted butter.

4. Sprinkle a bit of the cinnamon sugar over each triangle. One at a time, start with the wide end of each triangle and roll it into a log. Gently bend the ends so they curve inward to form a crescent.

5. Transfer to the prepared baking sheets. Repeat the rolling with the remaining triangles.

6. Brush the tops of each croissant with a bit more butter, then sprinkle a bit more cinnamon sugar over each. Bake for 20 minutes, or until puffed and lightly browned. Let cool for several minutes, then serve warm.

THE ASSOCIATED PRESS

Cookbook of the Week

The Mom 100 Cookbook

Thanks to The Mom 100 Cookbook by Katie Workman, founding editor of cookstr.com, the 20 most common cooking-for-kids dilemmas that every mom faces are now solved.

Workman covers it all, packing the book with recipes, tips, techniques and wisdom for staying happy in the kitchen while keeping it homemade. Her solutions include: The English Muffin Pizza as a breakfast alternative, entrées to feed the overnight vegetarian convert, best-shot vegetable dishes and seafood mains that even the fish-phobic will gladly embrace. METRO

Simple is the new fancy when you serve Eggs En Cocotte

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Mother's Day is, of course, the day you serve the hard-working mother in your life a delicious breakfast in bed.

And these baked eggs are a fantastic — and easy — way to do that.

If you aren't inclined to serve them in bed, they are just as at home on the brunch table.

Accompany the Eggs En Cocotte with buttered toast for dipping and fruit salad.

1. Heat the oven to 375 F. Arrange four 4-ounce ramekins in a baking dish. Bring a small saucepan of water to a boil.

2. Pour 1/2 tablespoon of the heavy cream into the bottom of each ramekin. Sprinkle 1 tablespoon of the shredded prosciutto into each, then top with an egg. Top each egg with 1 tablespoon of the herbed goat cheese and another 1/2 tablespoon of the cream. Sprinkle each lightly with pepper.

3. Pour enough boiling water into the baking dish around the ramekins to come halfway up the sides of the dishes, being careful not to get any in the ramekins.

4. Carefully move the baking dish to the oven and bake for 15 minutes, or until the whites are just set.

5. Remove the ramekins from the baking dish and top each with 1 tablespoon of tomato and a sprinkle of thyme. Serve immediately.

THE ASSOCIATED PRESS

Ingredients

Start to finish: 25 minutes
Servings: 4

- 4 tablespoons heavy cream, divided
- 4 tablespoons shredded prosciutto
- 4 eggs
- 4 tablespoons herbed chevre (soft goat cheese)
- Ground black pepper
- 1/4 cup chopped fresh tomato
- 1 teaspoon chopped fresh thyme

Crunchy Breakfast Cups. Add a textured kick to start mom's special day

Serve these up with a fresh glass of orange juice and a bowlful of berries to enjoy a bright and cheery morning.

1. Preheat oven to 400 F (200 C). Push tortillas into jumbo or extra large muffin tins or 1 cup (250 mL) ramekins; set aside.

2. In a large nonstick skillet, melt butter over medium heat and cook, onions, pepper and ham for about 3 minutes or until softened. Add eggs and using spatula, stir into pan. Add cream cheese and continue stirring for about 3 minutes or until egg is almost set. Remove from heat and spoon among tortilla cups. Sprinkle tops with Asiago cheese and bake for about 10 minutes or until tortillas are golden and cheese is bubbly.

3. Serve with salsa, if desired.

DAIRYGOODNESS.CA

Ingredients

- 6 small whole wheat flour tortillas
- 2 tbsp (30 mL) butter
- 4 green onions, thinly sliced
- 1 red pepper, diced
- 1/2 cup (125 mL) diced cooked ham
- 6 eggs, beaten
- 1/2 cup (125 mL) light cream cheese, cubed
- 1/4 cup (50 mL) shredded Canadian Asiago cheese
- Chunky salsa (optional)

Fresh ways to say 'I Love You'

Appreciation. Surprise mom with these ideas to celebrate the most important woman in our lives

ASTRID VAN DEN BROEK
For Metro

While most moms would cheerfully accept a late sleep-in, a homemade breakfast in bed or a lovely mid-day brunch out as a token of appreciation for Mother's Day, maybe this year you can freshen up your ideas to surprise mom.

We asked Ann Douglas, author of The Mother of All books series and a mom to four children, for some thoughts on new ways to celebrate this important woman in our lives.

GREEN THUMB IT

Got a mom who loves to garden? Share her passion, suggests Douglas.

"Plan to spend Mother's Day afternoon visiting a garden centre, picking out some plants, seeds, gardening tools, or books for a special garden you will plant together."

GET CREATIVE

Spend some quality time with mom by upcycling. "Turn an old sweater into a throw cushion or give an old dresser that's missing some drawers a makeover," says Douglas.

HEAD OUTSIDE

"Take a hike with mom," suggests Douglas. Be sure to snap some photos of the day and put some thought into how you will display those photos — think turning the pictures into fridge magnets or hanging them on a mini-clothesline.

START A SWAP

Expand mom's literary repertoire by organizing a book swap for her. "The moms might be too busy to pull this off on Mother's Day, so plan to do this in a few weeks' time. Ask your mom to select a half-dozen books she loved, but that she's unlikely to read again. Then ask her to invite a half-dozen friends — and tell her friends to do the same. Tell her you'll make dessert, coffee, and tea and serve her guests during her book swap."

Get creative and head outside with mom this Mother's Day when you are thinking of gift ideas. ISTOCKPHOTO/THINKSTOCK

GET CRAFTY

Start a Mother's Day scrapbook that you will add to every year, suggests Douglas. "Take photos and write stories about you and your mom and the adventures you've had this year."

START WALKING

Get your mother moving by teaming up for the Breast Cancer Society of Canada's annual walk (check out mothersdaywalk.ca for the locations near you). Or if your mom really wants to get going, sign up together for a running clinic or start a race training program. Retailers such as The Running Room offer clinics for walkers and runners of all levels, as well as race training plans.

If mom isn't a runner or walker, opt for something else to get her out and about, such as a yoga or a dance class you can take together.

CHARITY GIFT GUIDE
METRO CUSTOM PUBLISHING

DAUGHTER'S COURAGE GIVES MOM STRENGTH

To paraphrase Lao Tzu: A mother who loves deeply gives courage, while a mother who is loved deeply receives strength. That is true for Michelle and daughter Paige, whose lives have been touched by the power of a wish. Paige was only two when she was diagnosed with acute lymphoblastic leukemia.

"The nurse held my hand, looked at me and said, 'You're on a new journey now, and that's OK,'" Michelle recalls. The journey itself was heart-rending with chemotherapy treatments, doctors visits and "pokes," a word Paige and Michelle used for the countless injections she needed to endure. Later, Michelle learned Paige could receive a wish from Children's Wish and the journey took a markedly positive turn.

One day, as they drove by a playground, Paige asked, "Can I have that?," the way some children might ask for a pony.

At first, Michelle replied, "Umm, no honey," but then remembered the wish and the answer became yes.

Paige is now cancer free.

CHILDREN'S WISH PHOTO

Today, Paige is cancer free and the bond between mother and daughter is deeper than ever. "I was told once by a friend, 'Your strength is her strength.' That's reversed. Watching what she has gone through has taught me that her strength is my strength. That's my girl, I can't be more proud of her."

The Children's Wish Foundation of Canada relies on donors and volunteers to grant a wish to children with a life-threatening illness. Donors can purchase a Mother's Day gift in honour of that special person at catalogueofwishes.ca.

Celebrate the special bond between a mother and child
Shop from the Catalogue of Wishes
Children's Wish
Show your mom how much her love means and help create the magic of a wish!
Visit www.CatalogueOfWishes.ca today

4 SPORTS

UFC

"I'm excited to be able to conquer the hearts of the Canadian fans. There is another fighter here named Georges (St-Pierre) who was able to do that. I'd like to be able to do the same."

Featherweight champion Jose Aldo, promoting his UFC 149 fight against challenger Erik Koch in Calgary on Wednesday. The July 21 bout at Scotiabank Saddledome is Aldo's second title defence in Canada. The 25-year-old from Rio de Janeiro defeated Mark Hominick last year in Toronto and is on a 14-fight winning streak. It's the first-ever UFC card in Alberta and one of three UFC events scheduled in Canada in 2012 with dates in Toronto and Montreal later this year.

On the web

Rangers look to cap it off in D.C.

The New York Rangers entered Washington last night with a chance to finish off the Capitals and punch their ticket to the Eastern Conference finals against the New Jersey Devils. Go to metronews.ca/sports for the results.

On the web

Jonathan Quick continues to defy expectations for the L.A. Kings, compiling a 1.55 goals-against average and a .949 save percentage with just one loss through two rounds of the playoffs. His hard-working style will be front-and-centre in the Kings' upcoming clash with the Phoenix Coyotes in the Western Conference final. Scan the code for the story.

Cycling

Hesjedal now 4th at Giro D'Italia

After the Garmin-Barracuda squad won the team time trial at the Giro D'Italia Wednesday, Garmin riders are 1-2-3-4 in the overall standings, with overall contender Ryder Hesjedal of Victoria fourth.

THE ASSOCIATED PRESS

Tennis

Raonic upset repelled by Federer

Canada's Milos Raonic pushed Roger Federer to the brink in the second round of the Madrid Open.

But the native of Thornhill, Ont., couldn't complete the upset as Federer survived two tiebreakers en route to a 4-6, 7-5, 7-6 (4) win on Wednesday.

THE CANADIAN PRESS

Milos Raonic GETTY IMAGES

NHL

Ownership change in St. Louis

The St. Louis Blues have a new owner. The NHL's board of governors unanimously approved the sale to a group led by Tom Stillman Wednesday. The price was not disclosed, but is believed to be about $130 million US.

THE ASSOCIATED PRESS

MLB

"If it's my call, I don't want to leave the game the way it happened."

Mariano Rivera. The Yankees closer has a blood clot in his right calf, the latest problem for the right-hander who tore ligaments in his knee last week. He is on blood-thinning medication and says he's OK.

Getzlaf responds with a goal

IIHF. After reports of an incident at a bar badgered him, Reginan is relieved that focus is back on hockey

Ryan Getzlaf celebrates his game-winning goal with teammates Wednesday in Helsinki.
MARTTI KAINULAINEN/LEHTIKUVA/THE ASSOCIATED PRESS

Ryan Getzlaf was back in his comfort zone.

With the possibility of an upset hanging in the air at Hartwall Arena, the Canadian captain from Regina came through in the clutch Wednesday by scoring the winning goal in a 3-2 victory over Switzerland. Until that moment, his IIHF World Hockey Championship experience had been marred by Finnish media reports of an altercation in a Helsinki bar — Getzlaf called them "overblown" — but the big goal put the focus back where it belongs.

"It's a great relief," said Getzlaf. "I'm glad that's all past us and we can just keep playing. Our main focus here has always been hockey and always will be."

There were a number of issues that made it tough for Getzlaf to focus on hockey during his first week in Europe. The big centre was a step behind his teammates after missing the pre-tournament exhibition games in Switzerland. Then his wife fell ill and he had to return home.

It helps explain the exuberant fist pump he let out after skating into the Swiss zone and hammering a shot past Tobias Stephan from the top of the right circle for his first goal of the tournament.

Coach Brent Sutter was left hoping it's a sign of things to come.

"We know (Getzlaf) can get better and improve," said Sutter. "He's fighting through some adversity a little bit as far as just finding his timing in the game."

John Tavares and Regina's Jordan Eberle also had goals while Cam Ward made 28 saves for Canada (3-0-1).

Damien Brunner and Goran Bezina replied for Switzerland (2-2-0).

It was a typically tight game against the Swiss, who have proven to be a tough opponent for Canada on the international stage since an upset victory at the 2006 Olympics in Turin. The outcome was in doubt right until the final horn once again.

"History speaks for itself," said Sutter. "When the Swiss national team plays Team Canada it's always a hard-fought, tough game.... It was a tough game here tonight."

The Canadians didn't do themselves any favours by failing to convert on four power-play opportunities in the opening 40 minutes. As a result, the score was tied 1-1 heading into the final period.

Eberle changed that quickly, finishing off a nice individual rush with a backhander over Stephan at 41 seconds. Bezina tied things up three minutes after Eberle scored, but Getzlaf got the winner at 8:02.

THE CANADIAN PRESS

Quoted

"We need Getz to be good for us and that was certainly a huge goal for us at a critical time."

Canadian coach Brent Sutter

Changed-up Flyers meet familiar end

Somewhere in Los Angeles, Mike Richards and Jeff Carter had to be sharing a chuckle.

And in Phoenix, the Coyotes unleashed a big exhale for more reasons than having new ownership.

Eleven months after the Philadelphia Flyers decided their once-future cornerstones were worth dumping, Richards and Carter are thriving with the Kings along an improbable route to the Western Conference finals. The Coyotes, meanwhile, have no second thoughts about trading goaltender Ilya Bryzgalov and adding Mike Smith, because they'll be playing the Kings for the right to reach the Stanley Cup finals.

The Flyers, meantime, will be watching the rest of the post-season from home. Again.

A long wait

- The Flyers haven't won a Stanley Cup since consecutive titles in 1974 and 1975.
- After a surprising run to the cup finals in 2010, coach Peter Laviolette has only led them as far as two straight trips to the Eastern Conference semifinals.

General manager Paul Holmgren's major gamble last summer to reshape the direction of the franchise yielded mixed results. The Flyers won 47 games, totalled 103 points, finished fifth in the Eastern Conference and had a six-game post-season series win over odds-on favourite Pittsburgh.

But the run lasted only five more games. Bryzgalov allowed one of the franchise's all-time bloopers of a goal and the Flyers offence ran out of fuel in a 3-1 loss Tuesday that left them without another game to play — or a championship banner.

Of course, it's impossible to know how the Flyers would have fared had they kept Carter and Richards. Even if the Kings win the Stanley Cup, the Flyers remain steadfast in their belief in the long-range potential of forwards Jakub Voracek, Brayden Schenn, Wayne Simmonds and Sean Couturier — the total haul in the two deals for Carter and Richards.

But either way, it's back to the drawing board again.

THE ASSOCIATED PRESS

Claude Giroux, in a suit, and the Flyers leave the ice after losing to the Devils in Game 5 Tuesday in Philadelphia. BRUCE BENNETT/GETTY IMAGES

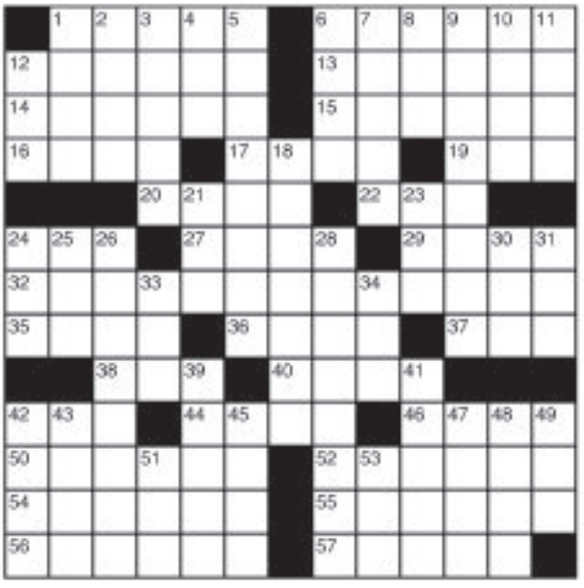
Crossword

Across

1 Tea variety
6 Wahines' greetings
12 Tire type
13 Rest
14 "2001: A Space Odyssey" writer
15 Forgoes restaurants
16 Bullets
17 Burn some
19 Youngster
20 Presidential power
22 Dundee denial
24 Egos' counterparts
27 007 villain
29 Despondent
32 Signs of wonder
35 Unaccompanied
36 Great Lakes tribe
37 "Of course"
38 Pole employee
40 Verve
42 Exemplar of easiness
44 Sci-fi knights
46 Open a bit
50 Proportions
52 Character
54 Hymn renderers
55 Walking on air
56 Pace
57 Angers

Down

1 Tropical tree
2 Cheese choice
3 Russian ballet company
4 Squirrel's hangout
5 Shockingly exciting
6 Neighborhood
7 Memorize
8 Make up your mind
9 Inn
10 One side of the Urals
11 Fax
12 GE merger co.
18 Esteemed
21 NYC summer hrs.
23 Attorneys' org.
24 Smart figures?
25 Twosome
26 TV channel knob, e.g.
28 Youngman joke
30 Guitar's kin
31 Double curve
33 Costa del —
34 Culpa preceder
39 Norwegian inlet
41 Birth-related
42 Circle portions
43 Money of Thailand
45 Being, to Brutus
47 Twine fiber
48 Belligerent deity
49 Crimson
51 Afternoon hour
53 "When We Were Kings" subject



Sudoku

3		7	9		1	6		5
		2				3		
	9						7	
		3	4		2	9		
9								1
		5	3		8	7		
	6						1	
		8				5		
4		1	5		6	8		2

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

8	1	6	3	4	7	5	2	9
2	4	3	9	6	5	7	8	1
7	5	9	1	2	8	3	6	4
4	8	5	7	9	2	6	1	3
3	2	1	4	8	6	9	7	5
9	6	7	5	1	3	2	4	8
1	7	4	6	3	9	8	5	2
5	3	8	2	7	1	4	9	6
6	9	2	8	5	4	1	3	7

Yesterday's Crossword

Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

SGOTZNG EG OLYKUYZTHHF GFGSTHHN XGLXHG BZIGHF. EG ETN GTBYGI KEG YUODYTWG "NKTBG WTNKGB."

Yesterday's Cryptoquip: WHEN A GUY'S WALKING CANE IS TOO SMALL FOR HIM TO USE PROPERLY, I RECKON HE'S UNDERSTAFFED.

Today's Cryptoquip Clue: E equals H

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Horoscope

Aries | March 21 - April 20. A friend appears to have turned against you. Don't get too worked up because most likely it is a simple misunderstanding.

Taurus | April 21 - May 21. Things you were unable to say in the past won't be so hard to say now that Mercury, planet of communication, has joined the Sun in your sign.

Gemini | May 22 - June 20. Don't let someone talk you into getting involved with something you don't feel entirely happy about.

Cancer | June 21 - July 22. You need to get back to basics and work out why a project of some sort has failed to get off the ground.

Leo | July 23 - Aug. 22. Cosmic activity at the mid-heaven angle of your chart urges you to be ambitious but it also warns you don't have to be too aggressive.

Virgo | Aug. 23 - Sept. 22. Your confidence is sky-high at the moment and it will climb even higher. Keep making the most of it.

Libra | Sept. 23 - Oct. 22. Try not to pay attention to what critics say today because they are desperate to undermine your confidence.

Scorpio | Oct. 23 - Nov. 21. A loved one will say something nice today and whatever differences there may have been between you in recent weeks will be forgotten.

Sagittarius | Nov. 22 - Dec. 21. Jupiter in the work area of your chart suggests you have taken on too many responsibilities.

Capricorn | Dec. 22 - Jan 20. This is one of the best times of the year for you, a time when you can make anything happen.

Aquarius | Jan. 21 - Feb 18. It seems you are out of step with those around you. The herd is for losers, and you're a winner.

Pisces | Feb. 19 - March 20. Someone you meet on your travels today will tell you something worth knowing that'll make you smile. Pass it on and make others happy too.

SALLY BROMPTON

Caption Contest

"Your prince awaits!"
Julia M.

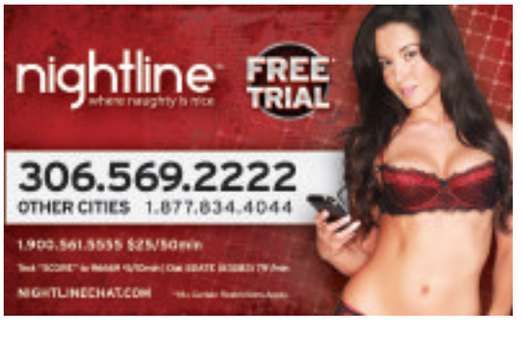
LUKE GRONNEBERG, SIDNEY DAILY NEWS/ THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

NEED A RIDE?
Read metrodrive every Wednesday.



STOP HAIR LOSS

Introducing the new BIO-FEN® PLUS for MEN and for WOMEN

Hair Grow Technology's Bio-Fen® product line is continually moving forward! We are introducing our two latest versions; **Bio-Fen® Plus for Men** and **Bio-Fen® Plus for Women**. These products have been assigned Natural Product Numbers (NPN's) by Health Canada.

We recognize that both men and women experience androgenic alopecia (AGA, or male / female pattern baldness) and have made some improvements to the original formulation based on the latest science to address their specific needs. You will notice that we now have additional complementary (Health Canada Approved) health claims on each product.

How does Bio-Fen® PLUS work?

We are bringing you two new products with **double** the number of capsules and **triple** the number of health claims for men and **four times** the number of health claims for women.

As in the previous formulation, the fenugreek seed extract in both new formulas reduces excess blood lipid levels (hyperlipidemia). Fenugreek contains β-sitosterol, an active plant sterol, which has been shown to inhibit 5-alpha-reductase activity – the enzyme responsible for converting excess testosterone to *DHT*(which is the primary molecule that causes hair loss). The SDG (secoisolariciresinol diglucoside) from flax lignans in both formulas also decreases excess cholesterol - the building block of testosterone. Based on new research on the rate of metabolism of SDG in flax lignans (8-12 hours on average), the dosage in both products has been revised from once a day to twice a day for optimum results.

Twice the Strength! Twice the Power!

Bio-Fen® Plus for Men:

As before, the saw palmetto extract inhibits the enzyme 5-alpha reductase, and this action slows down the conversion of testosterone to dihydrotestosterone (or DHT) – the overabundance of which causes the miniaturization of hair follicles. This activity of the saw palmetto also helps to relieve the urinary symptoms of mild to moderate BPH for men.

The saw palmetto that originally was an extract standardized to 45% free fatty acids, esters, and sterols while the new formula is a 4:1 extract to support the BPH claim. The product still contains these molecules for hair loss, but they are now at proprietary amounts based on our research so that the competition cannot duplicate our formula.

Bio-Fen® Plus for Men will also help to:

- ***Relieve the urologic symptoms associated with mild to moderate benign prostatic hyperplasia - BPH (e.g. weak urine flow, incomplete voiding, frequent daytime and night time urination).***
- ***Reduce elevated blood lipid levels / hyperlipidemia.***

#1 SELLING IN CANADA

Bio-Fen® Plus for Women

The women's formula is almost the same as the men's formula. The mechanisms and results for the women formula is the same. The only difference is it contains silicon and iron instead of saw palmetto. Silicon has been shown to contribute to hair shaft strength and thus healthy hair growth. It also contains iron which helps prevent iron deficiency. A number of studies have related sub-clinical iron deficiency in women to diffuse hair loss/alopecia.

The increased amount of SDG and other revisions to the regulations allow us to make some additional health claims for *Bio-Fen® Plus for Women*.

Bio-Fen® Plus for Women will also help to:

- ***Reduce elevated blood lipid levels/hyperlipidemia***
- ***Prevent iron deficiency.***
- ***Metabolize carbohydrates, fats and proteins.***

How long must I use Bio-Fen® Plus?

Bio-Fen® Plus for Men capsules are usually effective at stopping hair loss within the first two months. However, since healthy hair grows only about 1 cm each month, it may take up to three months before you notice that hair growth is increased or the rate of hair loss is decreased. Anyone experiencing new growth should see it within four months. In some people the original pigmentation may come back. Once you stop completely your hair growth pattern will slowly go back to the point where you started. However, some people may be able to go with a lower maintenance dose.

What is the quality of Bio-Fen® Plus for Men?

Bio-Fen® Plus for Men is manufactured in Canada according to quality assurance specifications called Good Manufacturing Practices (GMP). This ensures that the ingredients are tested for their level of quality, potency & purity, prior to production and the finished product prior to sale.

Hair Grow Technology (Bio-Fen® Plus) is a progressive company - we continually seek out the latest research on bioactive ingredients, and on regulatory updates in the natural health products industry.

See our website to locate your nearest store that carries *Bio-Fen® Plus.*

www.biofen.com

Available at Health Food Stores, Supplement Stores & Independent Pharmacies